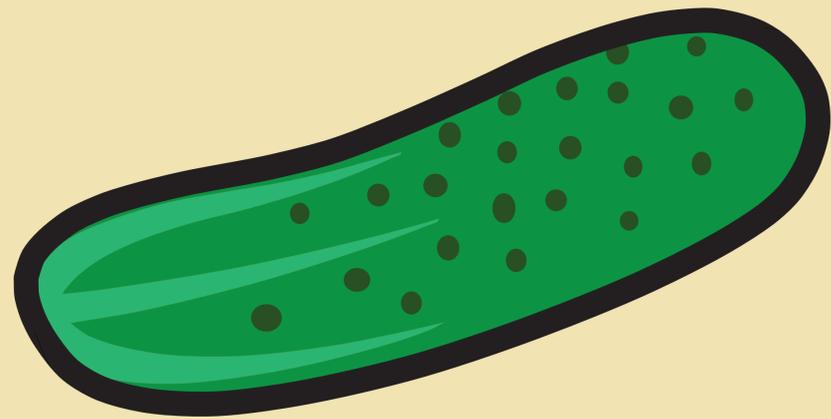


# JUNE HARVEST OF THE MONTH



# CUCUMBERS

SCAN THE  
QR CODE  
FOR MORE  
HARVEST  
OF THE  
MONTH  
RESOURCES!



# TRY CUCUMBERS AT HOME!

## HEALTH & NUTRITION

Cucumbers are low in fat, sodium and calories. One half cup of sliced cucumbers has just 8 calories. The skin of the cucumber is a great source of dietary fiber too.

Cucumbers also contain: Vitamin C, Vitamin K, Potassium, Chlorophyll, Vitamin A, Magnesium, Phosphorus, and Magnesium.

## ? DID YOU KNOW

If you're feeling tired in the afternoon, grab a cucumber! There are enough carbohydrates and B vitamins to give you a long-lasting and healthier boost of energy than soda, coffee, or even energy drinks.